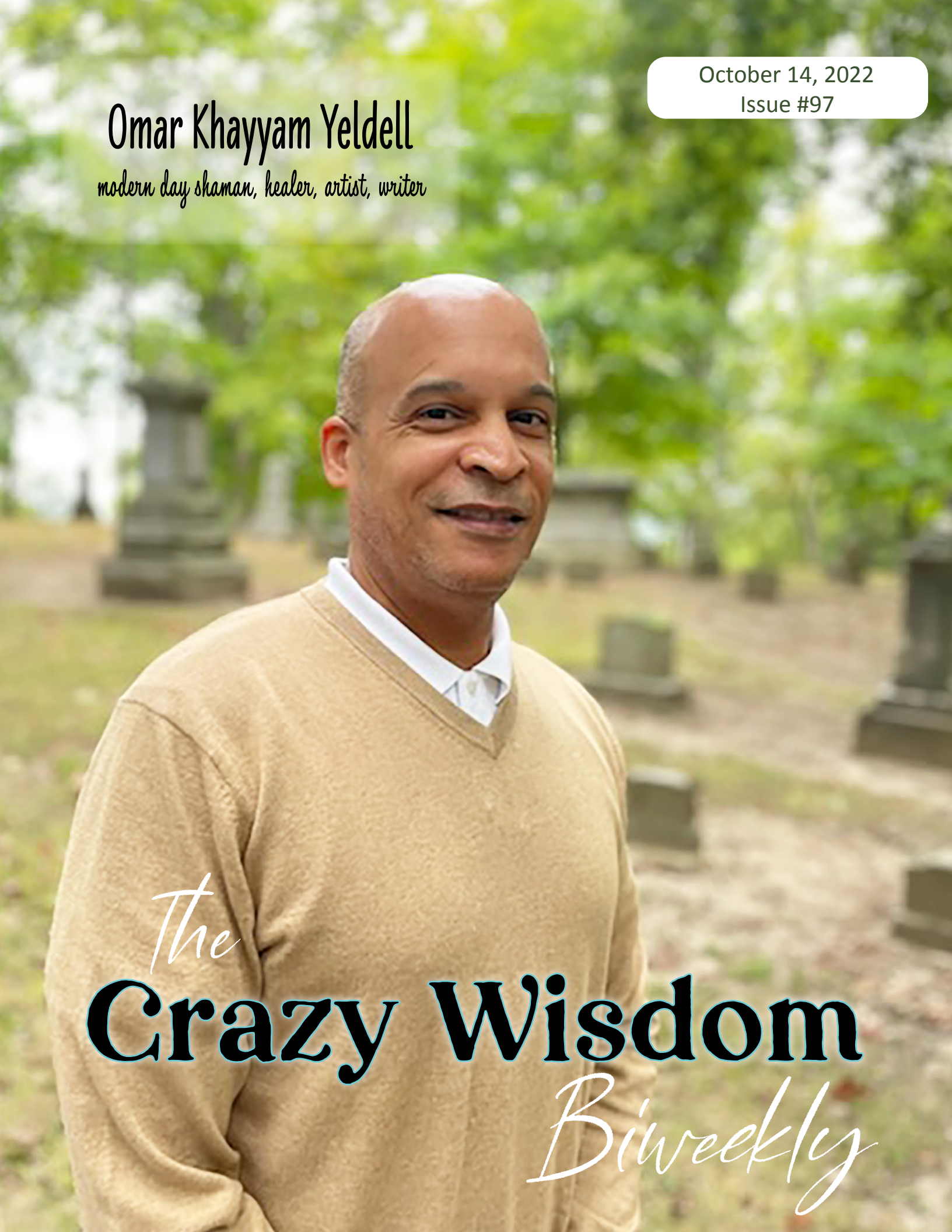
October 14, 2022
Issue #97

Omar Khayyam Yeldell

modern day shaman, healer, artist, writer



The Crazy Wisdom Biweekly

shining a light in the dark

Published by *The Crazy Wisdom Community Journal*.

The Crazy Wisdom Biweekly

The Crazy Wisdom Community Journal
Southeastern Michigan's Conscious Living Magazine
FREE
September through December 2022 - Issue 81
Mary Thiefels and Danijel Matanic
Brush Monkeys and TreeTown Murals Beautifying Ann Arbor and Beyond
Amy Garber – Promoting Holistic and Psychic Realms for 25 Years
A Walk Within and Beyond – Labyrinths Lead the Way
Ovarian Cancer and Creating Miracles • IFS Therapy • York and Mobile Food Businesses • Meditation for Breakfast • Psychologist Christi Bemister • Singer + Songwriter David Magumba • Author Alexander Weinstein • Exploring Four Ypsi Businesses • Understanding Long Covid • Detroit Agrihoods • GilChrist Retreat Center • An Audience with the Pope • Bring Your Own Container • Yoga Column • Events Calendar • And More

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The fall issue is here! Look for it around town or have it mailed directly to you.

Subscribe here.

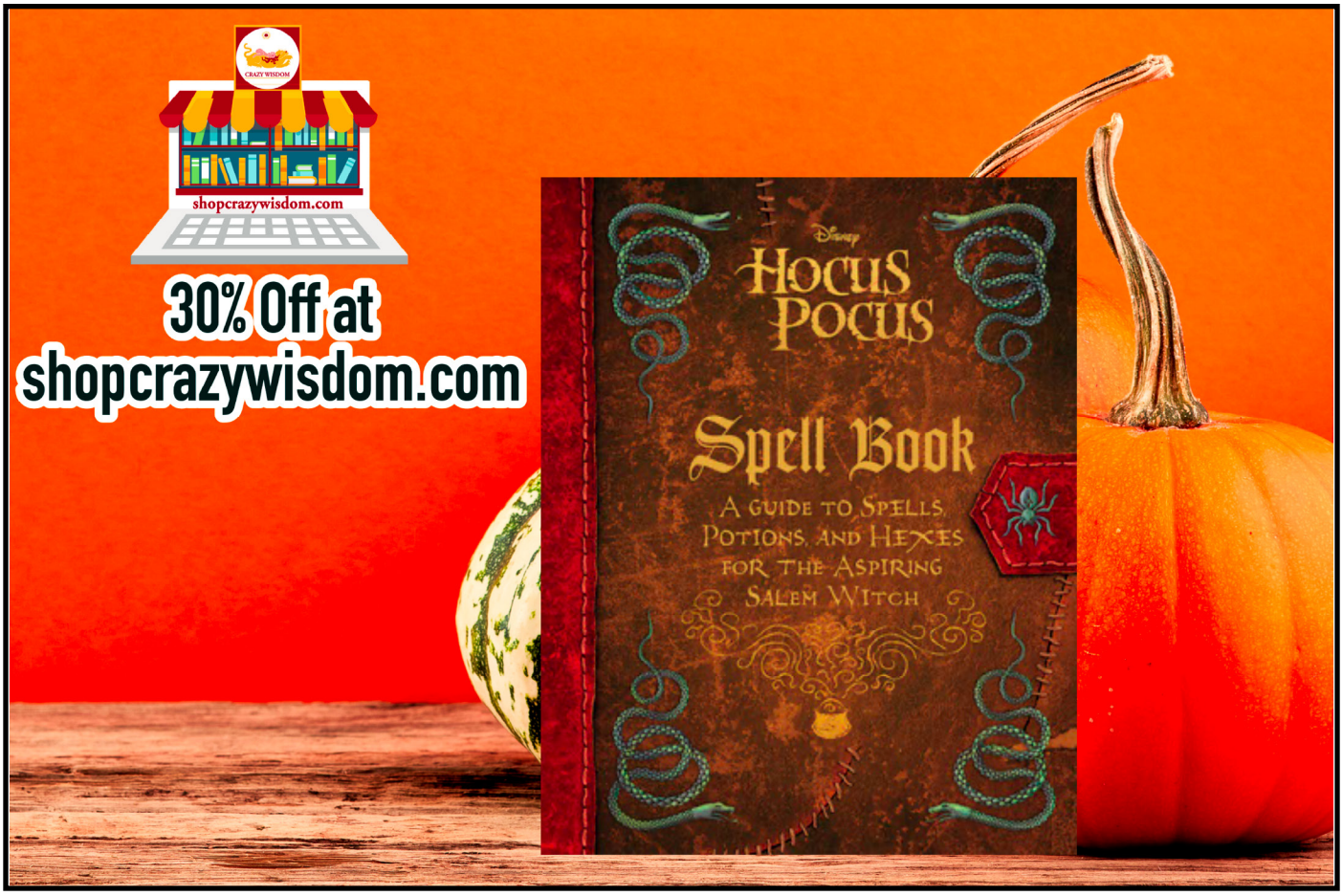
The Readings Series of The Crazy Wisdom Poetry Circle

Featured Reader: M. Bartley Seigel

M. Bartley Seigel, Poet Laureate of the Michigan UP, lives in Ojibwe homelands and Treaty of 1842 territory on the shores of Lake Superior. His poems appear in Poetry Magazine, Michigan Quarterly Review, and his book—This Is What They Say. He is Associate Professor of Creative Writing at Michigan Technological University in Houghton.

7:00 PM - 8:45 P.M. • Wednesday, Oct. 26, 2022

See more information on page 17



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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

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Thank you to our contributors for this issue:

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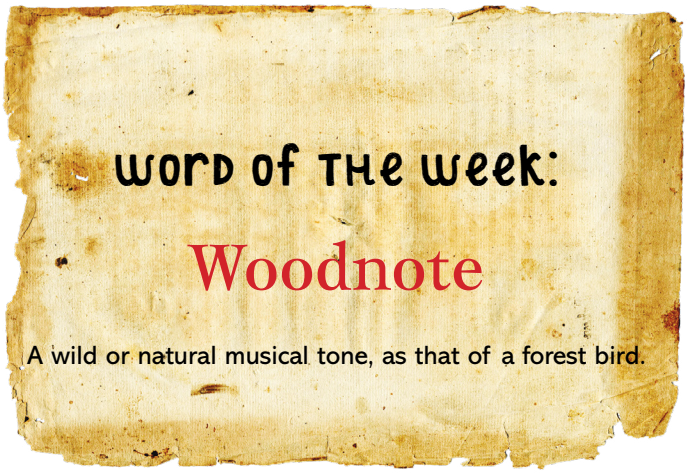


Born during the pandemic, *The Crazy Wisdom Weekly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for socially distant walks, news of your pets, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

By Omar Khayyam Yeldell

Oftentimes we find ourselves confronting challenges in life with a bit of desperation, loneliness, and downright frustration. This may be due to the untimeliness and vulnerability difficult times tend to create. I can recall early on in my childhood being taught about the existence of external forces whose sole purpose was to influence me. There was even an extreme version of those teachings that described an ongoing battle over my soul. Decades later, I have come to the realization that my soul is untouchable, and the true target is my perception. How I think, is a direct influence on how I feel, which impacts the vibration I put out to the universe.

Recent global events may have forced fearful thoughts and beliefs regarding death to be re-evaluated—especially for those who seek assistance from loved ones on the OtherSide. Many of us have experienced that deep sense of loss after close friends or family members have passed. Desperation rises to have one more visit, one last conversation, even one more touch. We feel stuck, stagnant, at times even blaming ourselves for their death.

The grieving process however is just that, a process; a healing one. It is critical to work through the grieving stage in order to clear the heavy emotional energy and free up pathways to communication from the OtherSide. Spirits of our loved ones have changed in several ways, yet what remains intact is their willingness and ability to assist you from the OtherSide. Once the weighted grieving has settled and you start to balance emotion with perception, the signs of their presence from the OtherSide will become more apparent.

What exactly is the "OtherSide?"

The OtherSide can be compared to the ocean when describing the various energies that coexist. I define the OtherSide as an existing space that does not adhere to the heavy third dimensional parameters we havve here on Earth—gravity, time, various forms of pain, and the opportunity for our own spirit and soul to share in the human experience, all pertain to existing in the third dimension.

Although many perceive a veil of sorts to exist which separates us from the OtherSide, I believe and live my life, knowing the veil is transparent. The OtherSide simply vibrates at a different frequency, making it difficult at times to see and navigate through. The most influential spirits on the OtherSide that impact our lives are those who are in our soul group. Our ancestors are assisting us at all times, which is why it is of the utmost importance that we honor them, hold them in reverence, and show appreciation for their constant assistance.

Outside of our soul group are spirits that assist with healing due to the universal law of attraction. Spiritual teachers, mentors, and guides can make themselves known through signs and, depending on your faith and vibration, can develop a strong healing relationship with you in this lifetime.

Spirits, entities, and energies on the OtherSide

Within any healthy relationship, communication is key to truly nurture it. Meditation, prayer, and artistic expressions like song and dance are just a few forms of communication with the OtherSide. Here is a short list of the various energies and entities on the OtherSide:

Higher Self
Spirits of family, friends, loved ones, soul group/ancestors
Spirits—law of attraction
Spirit guides, mentors, and teachers
Interdimensional entities/beings such as fairies, gnomes, and other nature based beings
Extraterrestrials like angels/angelic and galactic beings
Higher power, faith-based entity/deity God/Universe

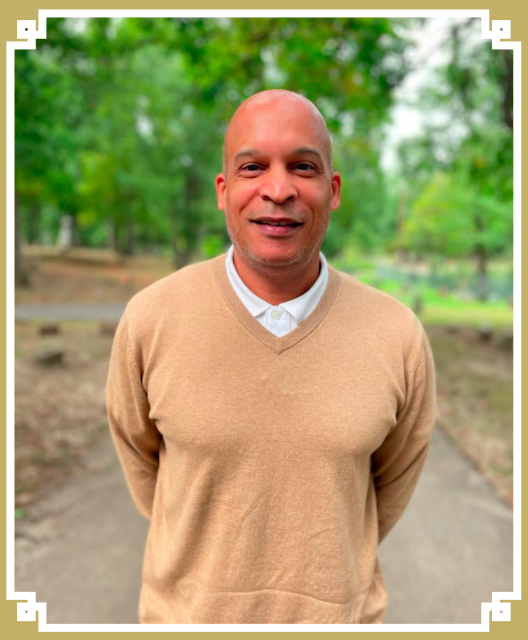
There will always be signs from our loved ones that provide us with a status of their spiritual well-being as they transition onto the OtherSide. Some signs may be familiar scents of perfume or flowers. Certain songs that seem to come on at very peculiar times that remind you of them. Impromptu appearances of animals, birds, even people that look like them or sound like them. Noticing recurring numbers, words, and names are all signs from the OtherSide.

continued on next page

from The OtherSide continued...

One of the most common ways signs and communication from the OtherSide occurs is within our dreams. The ability to read these signs from the OtherSide has more to do with an understanding than skill. An understanding that energy does not and cannot cease to exist, it does however change form. Every sign indicates "You are not alone," followed by a message specifically for you. There is also a need to expand upon the relationship we have with family and friends in recognizing and accepting the whole as a soul group. Therefore, any healing you do for yourself definitely helps the soul group heal. For this very reason, they are always others on the OtherSide willing and attempting to assist you in facing life's challenges.

Omar Khayyam Yeldell is a clairvoyant, empath, modern day shaman, healer, artist, writer, and lecturer. He is also a spiritual paranormal investigator and conducts spiritual cleanses of homes, land, and property throughout the state of Michigan. You can discover more online at https://desatespiritualconsultations.yolasite.com, give Yeldell a call at (727) 244-0650, or email him at desateconsultations@gmail.com.



Listen to The Confident Healer Podcast interview with Omar at:

https://www.theconfidenthealer.net/omar-khayyam-yeldell/

Or click his photo above!

Fall Programs

Meditation Classes and Practice

Waking up: Living Awake
September 13 – December 6
Barbara Brodsky, Aaron and John Orr

Path to the Awakened Heart: The Yoga Sutras of Patanjali
September 15 – December 15
Robert Jacobs

Appying Vipassana in Daily Life And Seeing It's Progression Along The Path
September 5 – December 5
Celeste Zygmont

Cultivating Compassion and Wisdom: An Introduction to Deep Spring Center Teachings
September 14 – November 30
Nancy Beckman, Iris Wolfson, Nina Bohlen

Weekly Silent Meditation
Sunday and Tuesday

Deep Spring Center
for Meditation and Spiritual Inquiry

Events with Spirit

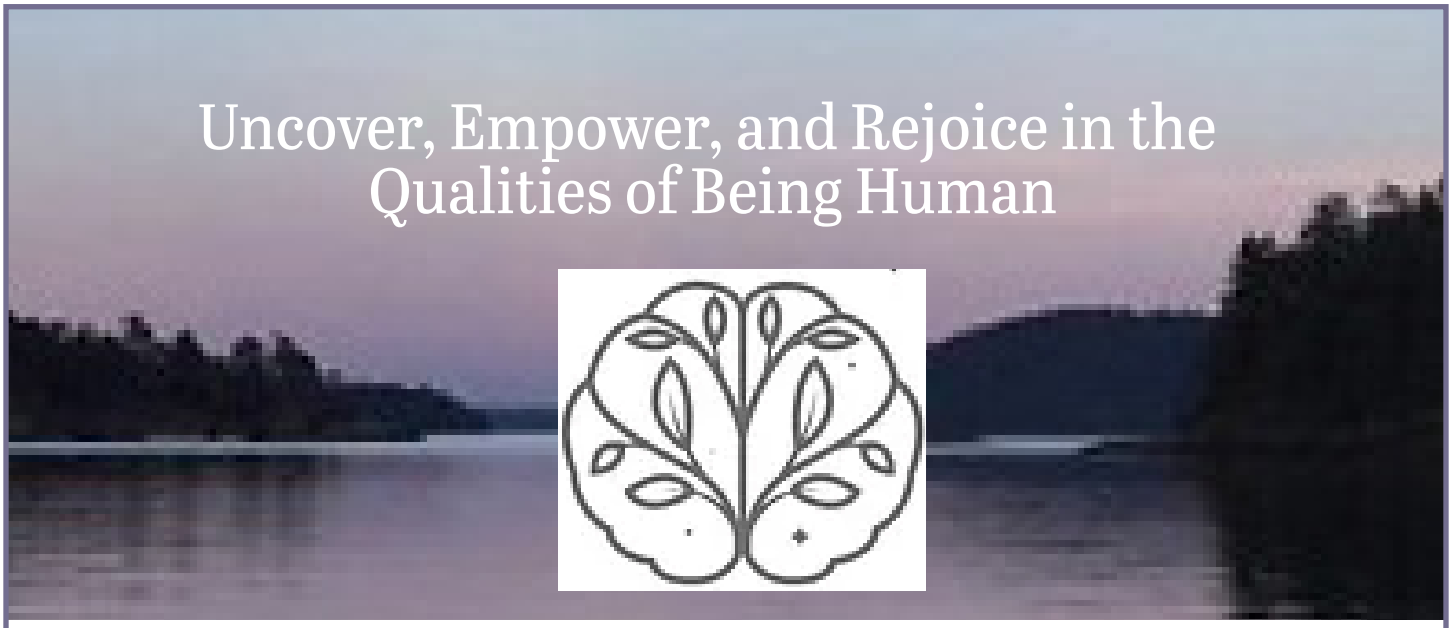
Remembering Wholeness
Occurs monthly
Barbara Brodsky

Evenings With Aaron
Occurs Monthly
Barbara Brodsky

All events are held via Zoom
Aaron, Yeshua and The Mother are channeled spirits.
They are channeled by Barbara Brodsky, founder and guiding teacher of Deep Spring Center

DeepSpring.org | info@deepspring.org | 734.477.5848

Deep Spring Center is a 501(c)(3) non-profit. See website for details.



Uncover, Empower, and Rejoice in the Qualities of Being Human

In this series of six weekly two-hour sessions, we will explore the five human Qualities of: gender, power, love, voice, and intelligence. Each session will follow a sequence of attuning, journaling, talking, chanting, and movement.

Cost – $650. Contact Marcia at mhaarer@comcast.net

Co-leaders: Christi Bemister, PsyD, LP & Marcia Haarer, LMSW

Online via Zoom. Beginning January 2023.

A participant writes:

Going through the varied steps while exploring a Quality, something uncontrived emerges. With each Quality, a knowing becomes apparent. What became apparent for me is this: these Qualities are an undeniable truth for each human being. No one can rob them from us. Even though inequalities and injustices may obscure the Qualities, they are there, ever present, and pure.

—Deborah Bayer, creative writing teacher

We invite you to take a "deep dive" to experience the five human Qualities, while being in the support of beloved community.

The pandemic gave us the blessing to discover that we can connect and attune online with one another as deeply as we do in person. Without being in the same physical setting with one another, sometimes we "let go" even more deeply to the Unified field of Consciousness. When we do this as a group, we feel the depth of our connection within Consciousness. We open to our true identity.
Please, come dive with us.

— Christi & Marcia

From Our Current Issue

By Crysta Coburn • Photos by Susan Ayer

Did you know that downtown Ypsilanti is turning into a vibrant hub of the metaphysical community? It's true! Within just a few short blocks, you will find candles and herbs for magical use, crystals and other stones, incense, tarot and oracle cards, deity statues, and so much more. Allow me to take you on a brief tour.

Evenstar's Chalice

In July of 2017, Evenstar's Chalice, a spiritual and metaphysical retail shop with "meaning and purpose," conveniently moved in right next door to World of Rocks. Owner Mara Evenstar explained, "The mission of Evenstar's Chalice is to enhance the experience of Growth, Beauty, and the Sacred. We envision at Evenstar's Chalice a space that is aesthetically beautiful, seductive, sensory rich, and deeply honoring of the feminine principle. It is a space that is transformative, in and of itself. It is a deep breath…. It is an invitation to explore, learn, truly connect with others and to nourish your Soul."

When you walk through the front door of this spellbinding shop, you are immediately enveloped by a sweet, rich aroma. A clerk behind the front counter greets you with a warm and friendly smile. And what treasures will you find within? "We carry books, divination tools, jewelry, spiritual art, candles, incense, and ceremonial and altar tools. We also offer consultation services with healers and wise-ones, and through Evenstar Institute we offer courses and workshops for personal, spiritual, and relational development," said Evenstar, who enjoys providing a special space for such a diverse community, both spiritually and culturally, as Ypsilanti. "We see a beautiful tapestry of religious and spiritual paths, of mystical and magical practices, now more textured with a desire to reconnect to traditions while honoring our interconnectedness and our social needs for equity and inclusion." And being an independent business offers freedom with "a lot more risk, but also much more potential for joy and fulfillment."

Paintings by a local artist dot the walls, adding to the unique atmosphere. Each of the divination and oracle decks for sale has a sample deck that you may try out to see if that particular deck is for you, or if you just want to peruse through the beautiful, magical artwork that appears on the cards. There are also crystal singing bowls of different tones and sizes. If you are in need of a little luck, you can drop a coin or two at the altar to the Indian Lord of Obstacles, elephant-headed Ganesha, in hopes that he removes the obstacles in your life.

If you come in for one of the many spiritual or card readings, there is a room in the back of the store for added privacy. The vintage-inspired hair salon Be Hair Now is also located within Evensar's Chalice. So, in one stop, you can get your spirit, as well as your body, nurtured with a fresh new style by Jeanne Adwani.

Evenstar's Chalice hopes to continue to expand and grow by offering "a fuller range of metaphysical supplies and

resources" in the future. Said Evenstar, "We would like Evenstar Institute to expand in our ability to offer more spaces, experiences, and opportunities to learn, connect, and evolve—on an individual and collective basis. We hope to continue to deepen our connections within our community and enjoy and thrive in our lives!"

Evenstar's Chalice is located at 36 North Huron Street in Ypsilanti. For more information, head to EvenstarsChalice.com or email info@EvenstarsChalice.com.

Twisted Things Organic Apothecary & Curious Goods

With the addition of pagan-owned, and volunteer-operated, Twisted Things Organic Apothecary & Curious Goods on the other side of Evenstar's Chalice from World of Rocks, also in 2017, the "Diagon Alley™ of Ypsilanti" (as some patrons have dubbed it) was complete. Per their Facebook page, "Twisted Things was created by artists, for artists. We offer local artists the opportunity to exhibit, sell, and learn how to grow their own business and connect with their community." You will find locally-made bath and body products, magical herbs, jewelry, art, skulls, taxidermy, wall art, prints, clothes, bags, and a lot more. Because the goods for sale are created by hand by independent artists, Twisted Things stock is always changing, and many items are completely unique rather than mass produced. Buy a treat for yourself or find the perfect gift for a friend or loved one.

Twisted Things is decidedly *not* your average artisan-made crafts store. If you are a fan of the strange and unusual, and you prefer to support local artists and businesses, Twisted Things is an absolute must-stop. A doorway in the back of the store leads you to the especially strange and magical items. It is there you find the magical herbs, candles, wands, and squid tentacles in jars, among other fun things.

If you yourself are an artist of unusual works, then Twisted Things might be the perfect venue for you to peddle your wares.

Twisted Things Organic Apothecary & Curious Goods is located at 40 North Huron Street in Ypsilanti. For more information, head to twistedthingsypsi.com or send a text to (734) 961-7881.

Read the rest of the story online!

Spotlight ON THE COMMUNITY

Nest & Nurture, a childbirth and parenting center, opened in Ann Arbor in May of 2022.

Owners Cynthia Gabriel and Toni Auker both teach childbirth education and are experienced doulas. Gabriel said they saw a need in the community for a community center around childbirth and parenting after the Center for the Childbearing Year, headed up by Patty Brennan, closed in 2020. Gabriel explained that after the owner of the Center's space passed away, ownership was taken over by his daughter, who provided some much-needed renovations before she and Auker decided to use it. The space, said Gabriel, consists of a large room that can host up to about 24 people for workshops or classes, an office, and what they will use as a massage space in the future.

Nest & Nurture
A PLACE TO GROW AND THRIVE

The goal, said Gabriel, is to be a collaborative community space for families and birth workers. "Ann Arbor has had a reputation as a great, natural-birth friendly area…. with a huge community of birth workers." She said the area has an abundance of doulas, home-birth midwives, support people at the two local hospitals, and one of the top Nurse-Midwifery programs in the country. Gabriel & Auker want to serve this community and help the area "continue to carry the banner of the Southeast Michigan forward-thinking birth world."

Currently, Nest & Nurture offers childbirth education and newborn care classes, drop-in play groups for families with small children, doula support groups and trainings, sleep workshops, Dancing for Birth classes, writing workshops, and has plans to offer prenatal yoga soon. They have an extensive collection of baby carriers for families to try out and decide what to buy (the center does not sell them; but only assists in decision-making). One of the doulas who partners with them is a lactation consultant, and the center hosts infant feeding support groups on Thursday evenings.

Nest & Nurture is located at 722 Brooks Street, Ann Arbor, MI 48103. Their website is www.nestandnurture.org and they can be contacted through the form on their site.

The Experience of Being "OTHER"

By Peggy River Singer

January is a month when I do a lot of thinking about my life, as I add another knot to my string of years. It's taken me 65 of those years to figure out, step by step, who I am and what I'm capable of, and what I'm here to accomplish.

Like me, many of you have experienced what it's like to be different. Maybe you're psychic, or an Indigo; one of the many "clairs" such as clairtactile or clairsentient, a telepath, an empath; or you have what the Irish call Second Sight. Maybe you never talk about your special abilities, or you hide what you can do, because you're afraid of what people will think if they find out you're "not normal." But of course, these abilities are perfectly normal for humans; they've just been distrusted and demonized for a very long time.

The Patterns of History

Throughout history, members of tribal and traditional cultures who have special gifts have been trained to serve as priests, shamans, healers, seers, or herbalists. And throughout history, when governments or religious institutions decide that traditional beliefs and suspicious abilities are unacceptable or even criminal, practitioners and their followers face a discouraging array of options. Forced conversion, faux conversion (while hiding one's true beliefs and skills), banishment, and voluntarily moving to remote locations beyond the reach of the authorities mean major upheavals; but all are preferable to persecution or worse. It's no surprise that many people -- past and present -- choose to go into hiding, one way or another.

Evolution of an Inspired Soul

During my first fifty years or so, I never had any dramatic special abilities that I might have wanted to conceal. But I've always had symptoms that have complicated getting through each day:

- Very sensitive to light, noise, temperature, energy
- Absorbed other people's emotions without realizing it
- Preferred the company of animals, who were so much easier to understand than humans
- Spent most of my time out of body, because real life was too difficult and confusing
- Difficulty reading social cues and body language of others

These symptoms felt more like burdens than indications of gifts, and they added up to life as a perpetual outsider, unable to understand why I never fit in anywhere.

Today, special abilities are becoming more acceptable, and symptoms like those in my own list are more likely to be recognized. Millions of people who have grown up with TV shows like *Lost in Space, Star Trek*, and *Star Wars* are more inclined to be open-minded about possibilities that previous generations would have found difficult to understand. A sci-fi fan from childhood, I've never had any problem believing that just about everything is possible. But it's only in the last fifteen years that this concept has begun to describe my own life.

In 2005, I stepped into a whole new world by calling Betsy Adams, an animal communicator, to find out whether my very sick cat was ready to depart. I began taking classes with Betsy, and one thing led to another: my new interests included studying empathy, telepathy, guardian angels, nature spirits, crystals, power animals, oracle cards, pendulums, gods and goddesses, shamanism, Reiki, and the list keeps getting longer. Who knows what I'll be inspired to do next?

Meanwhile, I now consider myself an observer instead of an outsider; and I've come to appreciate the insights and understanding of human nature that I've collected while the rest of the world has gone about its business around me. Oddly enough, this has proved to be great preparation for being a writer!

What About Your Own Gifts?

I opened this article talking about finally recognizing and celebrating my gifts after a lifetime of preparation. If you think (or know) that you have special abilities, I encourage you with all my heart to explore those abilities and make the most of them. They truly can be gifts, waiting to be opened; and Washtenaw County abounds with people who can help you find your way. A good place to start would be *The Crazy Wisdom Community Journal*, which is packed with resources for just about any skill, craft, talent or ability you wish to know more about. Personal growth and empowerment are only two of the rewards you can look forward to.

Happy learning, and happy BECOMING!

The Crazy Wisdom Calendar

Biweekly

ADDICTION AND RECOVERY

Recovery Dharma with Various Leaders • Sundays • 12 - 1:30 p.m. • Recovery Dharma welcomes all who are on the path to recovery from addiction of any type. By Donation. Zen Buddhist Temple is located at 1214 Packard Street. Call 734-761-6520 or email annarborzentemple@gmail.com.

BODYMIND THERAPIES

It's time to feel good!! With Robin Bosilovick • December 2 • 4 – 7 p.m. • Everyone receives a foot analysis, massage, Negative Ion demonstrations, all natural pain relief samples, and a 30 minute foot detox! $25. Contact Robin at 517-395-5258.

D.O.V.E. DIVINE ORIGINAL VIBRATION EMBODIMENT System Practitioner Training with Karen Greenberg's Clair-Ascension Kabbalistic Balance • Fridays • November 4, 11, 18, OR December 2, 9, 16 • 10:30 a.m. – 2:30 p.m. • Through the Tree of Life, learn to Kabbalistically balance client's energy via art, movement, music, toning, sound, aromatherapy, gemstones, sacred symbols, connecting with Angels, Masters of Light, trees, powerful Archetypes, and more. $777 (pick any group of three dates above) + materials fee. Contact Karen Greenberg 734-417-9511, krngrnbg@gmail.com, or visit clair-ascension.com.

BOOK DISCUSSION GROUPS

7 Notes Book Club with Rob Meyer-Kukan • First Thursday of the month • 7 - 8:30 p.m.• The purpose of the 7 Notes Book Club is to meet together with other like-minded people to read books about holistic practices, health, meditation, and spirituality. Books to be read are: September - *The Miracle of Mindfulness* by Thich Nhat, October - *Anatomy of the Spirit: The Seven Stages of Power and Healing* by Caroline Myss, November - *Clarity and Connection* by Yung Pueblo, December- *The Complete Game of Life and How To Play It* by Florence Scovel Shinn. Open to anyone who likes to read and discuss the books they read. Donations. Contact 248-962-5475, rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Jewel Heart Readers with Jewel Heart Instructors • Second Monday • September - December • 7 to 8:30 p.m. • Enjoy lively discussion on monthly Buddhist-related book selections with our community. All are welcome. Free / Donations welcome. For this month's book selection and participation information, contact programs@jewelheart.org or call Jewel Heart at 734-994-3387.

BREATHWORK

Morning Meditation and Breathwork with Shellie Powers • September through December, See Schedule on Website • All are welcome. Clarity, peace, wellbeing, and balance. Restore your wellbeing, reach goals, improve relationships, and/or develop awareness, mindfulness, and confidence as you start your day, when you experience various morning meditations and breathwork. See schedule on website. Single visit and packages available. Bring your own mat or pillow, and water. Options range from $20 to $200. Contact Shellie Powers, 734-926-8423 or 517-962-5378, or visit powers365.com.

BUDDHISM

Jewel Heart Sunday Talks: Ancient Wisdom, Modern Times, with Demo Rinpoche • Weekly on Sundays from September 4 to December 25 • 11:00 a.m. to 12:00 p.m. • Join Demo Rinpoche for weekly Sunday morning public talks on a variety of topics that are suitable for newcomers and long-timers alike, followed by a facilitated group discussion based on the morning talk. On the first Sunday of the month, Rinpoche presents the Jataka Tales, stories from the Buddha's previous lives. Free / Donations welcome. To register visit jewelheart.org/free-weekly-virtual-programs. For more information contact 734-994-3387, or programs@jewelheart.org.

Practical Buddhism: The Tibetan Approach, by Gelek Rimpoche and Gelek Rimpoche • Most Tuesdays from September 6 to December 20 • 7 - 8:30 p.m. • "Practical Buddhism" offers video recordings of earlier teachings by Gelek Rimpoche as an opportunity for some to revisit and as an introduction for others. A panel discussion with Jewel Heart Instructors follows each session. Sessions review Gelek Rimpoche's 2012 Sunday talks and into early 2013. Free / Donations welcome. To register visit jewelheart.org. For more information contact Jewel Heart at 734-994-3387 or programs@jewelheart.org.

Sunday Meditation and Sharing with Still Mountain teachers • Every Sunday • 10 - 11:30 a.m. • Still Mountain is made of individuals and families from Ann Arbor and the surrounding areas. We strive to be inclusive, open to people of all ages, backgrounds, and experience. Our teachers are trained in Insight Meditation and come from multiple spiritual paths. We will sit in silence for about 45 minutes, take a quick break, and then gather for sharing/teaching related to the Dharma. Free. Visit stillmountainmeditation.org for more information.

Indian Philosophies on the Eve of Buddha's Enlightenment with David Mellins, PhD • Saturday, October 22 • 10 a.m. - 1 p.m. • While systematic schools of Indian philosophy had yet to be formalized as textual traditions in the 6th century BCE when Gautama Buddha attained his enlightenment, the ascetic mendicant Gautama encountered, studied and ultimately refuted a broad range of doctrines professing pathways to wisdom and spiritual emancipation. This presentation provides an overview of these ancient Indian proto philosophies as evidenced by Brahmanical teachings such as the Upanishads as well as the more radical methodologies of yogis and homeless ascetics evidenced in Buddhist Sutra and Agamas literature. Students gain a more dynamic context for their study of the Four Noble Truths, dependent origination and the principle of karma, which provide the foundation for all levels of Buddhist teachings. $30 Jewel Heart members / $45 Jewel Heart non-members. Pay what you can - no one is turned away. To register visit jewelheart.org. For more information contact Jewel Heart at 734-994-3387, or programs@jewelheart.org.

Master Class: Pramana of Dharmakirti: Logic and Reasoning - Part 3 with Demo Rinpoche • Thursdays •October 27 to December 15 • 7 - 8:30 p.m. • Reasoning and logic are essential in order to reveal what is in fact true and reliable knowledge. Pramana is a Sanskrit term that Hindi, Buddhist, and Jainism traditions use to refer to the elements necessary to recognize how knowledge is understood and how its veracity and reliability can be ascertained. Drawing from Dharmakirti's Compendium of Valid Cognition, Demo Rinpoche will explain various methods to help gain reliable true knowledge of the nature of reality as well as be able to discern the diverse understandings people may reach. Note: This program is a continuation of Demo Rinpoche's earlier Pramana teachings. $85 Jewel Heart members / $105 Jewel Heart non-members. Pay what you can - no one is turned away. To register visit jewelheart.org. For more information contact Jewel Heart at 734-994-3387, or programs@jewelheart.org.

CHANNELING

Remembering Wholeness, Darshan with The Mother with Barbara Brodsky and The Mother • October 16, November 13, December 11 • 2 – 5 p.m. • A mother is one who gives birth to, supports, and cherishes, and then releases out into the universe, with love, always ready to hold and support. Zoom allows everyone to hear all my words. I speak to individuals, often what I say is applicable to many in the group. I will be offering from my own understanding the personal and the group messages that can most support the program participants. $10-$120 suggested for donation. For more information contact 734-477-5848, om@deepspring.org, or visit deepspring.org.

Evenings with Aaron presented by Barbara Brodsky and Aaron • October 19, November 16, December 14 • 7 – 9 p.m. • Evenings with Aaron meets once a month. All are welcome. Aaron often will address a present world issue and how we can best support the resolution of this issue from a place of loving awareness. He reminds us that whatever appears in our lives comes as a teacher. We are here to learn and practice dynamic compassion, that is, to actively live in the world while always connected to our spiritual centers. Deep Spring Center focuses on how we can live with more wisdom and compassion. Our primary work includes meditation and spiritual inquiry. $10-$120 suggested for donation. For more information contact 734-477-5848, om@deepspring.org, or visit deepspring.org.

DEATH AND DYING

Death Cafe via Zoom with Merilynne Rush and Friends • Third Saturday of the month beginning October 15th • 10:30 a.m. – 12 p.m. • All are welcome! Join us the third Saturday of each month for a frank discussion on death, dying, and life. Free. Contact TheDyingYear@gmail.com or visit DeathCafe.com.

ENERGY AND HEALING

Heightening Your Vibration: Alchemy (2-day class) with Karen Greenberg, P.T • Sundays, October 16 and 23 • 5:30 - 9:30 p.m. • Some people have become depressed with the Covid-19 isolation, variants, and aftermath. Learn a myriad of tools and techniques, to change your vibration from a lower to a higher vibration, and to sustain it—including, but not limited to, sacred letters, powerful Archetypes, sacred oils, affirmations, visualization, meditation, prayers that you compose, gratitude, breathing, drumming, movement, music, Holy Geometry, traditions, Archangels, Angels. $200 for both days. Contact Karen Greenberg at 734-417-9511, krngrnbg@gmail.com or visit clair-ascension.com.

MEDITATION

Focused Mind Meditation with John Friedlander • November 6, December 4 • 9 a.m. – 12 p.m. • Development of sustained focused meditation makes it easy to develop a whole new magnitude of psychic skill and healing ability, as well as a whole new level of mental clarity and spiritual openness. $15. For more information contact Violeta Viviano at mvaviviano@gmail. com, call 734-476-1513, or visit psychicpsychology.org.

Psychic Psychology Women's Group with John Friedlander and Gloria Hemsher • November 1, December 6 • 7 - 8 p.m. • For women only. Meditations concentrating on women's issues relative to biological energies as well as that of the aura. $10. For more information contact Violeta Viviano at mvaviviano@gmail.com, call 734-476-1513, or visit psychicpsychology.org.

Peace Generator at Interfaith Center for Spiritual Growth • October 21, November 18, December 16 • 7- 9:00 p.m. • Meditate, sing, dance, juggle—whatever you like to generate peace and harmony on for the planet. Free, but donations gratefully accepted. Visit Interfaithspirit.org for more information.

Day of Mindfulness Meditation with Esther Kennedy, OP • October 15, November 12th, December 12th • 10 a.m. - 2:30 p.m. • Join our mindfulness community as we deepen our understanding and commitment to daily meditation practice. Reflecting upon our relationships with honesty and courage, we amplify our capacity to be love within family, neighborhood, city, and world. $35.00, with lunch Included. Contact Weber Retreat and Conference Center at 517-266-4000, or webercenter@adriandominicans.org.

Meditation Made Easy with Ema Stefanova • October 8 - 9 • Beginners and all level students are welcome to join. You will learn how to successfully meditate, keep meditation practice interesting and fresh, and benefit from it in no time. $199. For more information visit yogaandmeditation.com.

Sound Bath Meditation and Gallery Reading with Rob Meyer-Kukan and Marcy McCourt • October 14 • 7 - 8:30 p.m. • Join sound therapist, Rob Meyer-Kukan and Intuitive Healer, Marcy McCourt for this time of sound bath meditation including a gallery reading. In addition to the soothing sounds of singing bowls, gongs and more, played by Rob at your request, Marcy will share messages from loved ones, Higher Selves, Spirit Guides, Master Teachers, Angels, Elementals, and Animal Guides. Please bring a mat and any additional supports you would like for your comfort (blankets, pillows, bolster, eye pillow). A limited number of yoga blankets will be available. Current Covid safety protocols will be observed. Please use the practice of personal accountability, as far as health goes prior to the event. $50.00 For more information contact Rob Meyer-Kukan at 248-962-5475, rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Introduction to Mindfulness Meditation with Biha Birman-Rivlin and Ken Morley • October 17, 24, 31, November 7, 14, 21 • 10:30 a.m. – 12:00 p.m. • Offered through Washtenaw Community College. Mindfulness is a gateway to lasting personal transformation. Learn about mindfulness and concentration in a kind and supportive environment, as you take the first steps toward establishing your own meditation practice. There will be a strong emphasis on cultivating an open heart as a support to experiencing the full benefits of mindfulness. All are welcome. Suitable for beginners and anyone seeking a refresher. $65. For more information visit Contact Bilha Birman-Rivlin at ybrivlin@att.net, or call 734-330-9376.

Candlelight Labyrinth Walk with Rob Meyer-Kukan • October 28 • 6 p.m. • Join Veriditas trained Labyrinth Facilitator, Rob Meyer-Kukan at Webster United Church of Christ, Dexter, Michigan for a candlelight labyrinth walk. Fee by donation. For more information contact Rob Meyer-Kukan at 248-962-5475, rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Morning Meditation and Breathwork with Shellie Powers • September through December • See schedule on website. • All are welcome. Clarity, peace, wellbeing, and balance. Restore your wellbeing, reach goals, improve relationships, and/or develop awareness, mindfulness, and confidence as you start your day, when you experience various morning meditations and breathwork. Single visit and packages available. Bring your own mat or pillow, and water. Options range from $20 to $200. For more information contact Shellie Powers at 734-926-8423 or 517-962-5378, or visit powers365.com.

Master Meditation with Ema Stefanova • Tuesdays, September through December • 6:50 p.m. • Understand what types of meditation work best for you, and experience practicing a variety of techniques from the classical yoga and tantra traditions. Each student will get help in developing a successful home practice to suit their individual needs/goals; excellent text and audio are available for further study. For more information visit yogaandmeditation.com.

Sunday Public Meditation Service with Temple Clergy • Sunday • 10 - 11:30 a.m. and 4 - 5:30 p.m. • Join us in person or by live stream for group meditation practice and a dharma talk. Live stream at https://bit.ly/a2zenyoutube. By donation. For more information contact Zen Buddhist Temple at 734-761-6520, or annarborzentemple@gmail.com.

Weekly Silent Meditation Practice with Celeste Zygmont • Weekly Sunday • 11 a.m. – 12 p.m. and Tuesday: 9 - 9:30 a.m. • We will have a brief period of chanting, then mute ourselves, and begin silent vipassana meditation. After the time is finished a bell will ring and meditators can go on with their day. There will be time to stay and chat or discuss questions. Donation. For more information contact 734-477-5848, om@deepspring.org, or visit deepspring.org.

One-Day Meditation and Yoga Retreat in Chinese with Master Zhong Hai (Winnie) • 1st Sunday of each month • 10 a.m. to 6 p.m. • Half-day participants are welcomed. This unique one-day meditation retreat is taught in Chinese and features 30 minutes of Huayen inner-body heating exercises, classical Hatha Yoga, and/or Yoga Breathing techniques, along with walking and standing meditation, followed by 60 minutes of sitting meditation. Traditional Chinese Tea Ceremony served mid-day. Suggested Donation $45 - $100. To check dates and register, visit TripleCraneRetreat.org. For questions email Office@TripleCraneRetreat.org.

One-Day Meditation and Yoga Retreat in English with Master Zhong Hai (Winnie) or Kamakshi (Betty) Eller • 2nd and 4th Sunday of each month • 10 a.m. – 6 p.m. • Half-day participants are welcomed. This unique one-Day Meditation Retreat is taught in Chinese and features 30 minutes of Huayen inner-body heating exercises, classical Hatha Yoga, and/or Yoga Breathing techniques, along with walking and standing meditation, followed by 60 minutes of sitting meditation. Traditional Chinese Tea Ceremony served mid-day. Suggested Donation $45 - $100. To check dates and register, visit TripleCraneRetreat.org. For questions email Office@TripleCraneRetreat.org.

MOVEMENT AND DANCE

First Friday Dances of Universal Peace with Judy Lee Nur-un-nisa Trautman and Drake Moses Meadow • First Fridays, September - December • 7 – 9 p.m. • Circle dances and meditations with sacred words from the world's religions presented on Zoom or in person, when safe to do so. Free online. $5 in person. For more information contact Judy Lee Nur-un-nisa Trautman at jltrautman@sbcglobal.net, or 419-475-6535, or visit sites.google.com/view/a2-toledodup/home.

MUSIC, SOUND, AND VOICE

Singing for Comfort at Interfaith Center for Spiritual Growth • Second Thursdays, September through December • 7 - 8:30 p.m. • Raising our voices in song for comfort and peace. Free, but donations gratefully accepted. For more information visit Interfaithspirit.org.

The Crazy Wisdom Calendar

Biweekly

NUTRITION AND FOOD MEDICINE

Cacao Journey with Alicia Clark-Teper • Every third Monday through December • 7 – 9 p.m. • A Cacao Journey held by Alicia. The plant medicine of Cacao connects us with our hearts, our ancestors and Momma Gaia. We talk about the upcoming energies of the month, give thanks to our ancestors, connect to our hearts and flow with the bliss molecule Anandamide which is naturally found in Cacao. With every cup of ceremonial Cacao we replenish our cup with bliss, joy and compassion. $35. Contact Alicia Clark-Teper at 734-945-5396, or clarkteper@yahoo.com, or visit sacredlotusexperience.com.

PERSONAL GROWTH

Temple Stay, Visitor's Program and Residential Opportunities with Temple Priests • Ongoing • Tailored to individual needs, the visitor's program is for people who want to spend some time living in a Buddhist community. They follow the daily schedule and participate in programs such as retreats, study groups, public services, and yoga classes as their schedules permit. One can seriously pursue a spiritual path or simply seek peace and harmony in a wholesome environment. Prior arrangement with the Temple Director is necessary. $60 per night, $250 per week, or $650 per month. Contact Zen Buddhist Temple at 734-761-6520 or visit annarborzentemple@gmail.org.

Subject Matters: Topics in French Studies – Et Après? Survival, Scars, Guilt, Redemption, and Recovery in Literature and Art with David Caron • October 25 • 6 p.m. This free event meets in-person at UMMA. Registration required. Register here: https://events.r20.constantcontact.com/register/event?oeidk=a07ejcqsyet145f1c1e&llr=uhlrs88ab. Deep dive into the world of possibilities that all start from a seemingly simple question after tumultuous events: What happens next? Guest Faculty member David Caron (Romance Languages and Literatures, Women's and Gender Studies) will guide you through this exploration of hope, promise, and the je ne sais quoi.S ubject Matters is offered in collaboration with the UM faculty who worked with UMMA to curate installations in Curriculum / Collection for use by their university classes. Together, we are bringing the UMMA classroom experience to you. You'll learn about the subject matter, about art, and you'll have loads of fun doing it. We hope to see you there. **F**or more information visit https://umma.umich.edu.

RETREATS

SW Lake Michigan Three-Day Holistic Yoga and Meditation Retreat with Ema Stefanova • October 14 - 16; November 4 – 6. • Our small group retreats are for total beginners, and pros who would like to experience classical yoga and meditation as a way of life, healing, and growth, and develop and refine their practice in an environment dedicated to peace. The Vivekananda Retreat Center has provided home for our retreats since 1991. It is located on 110 acres of beautiful non-farming land minutes away from Lake Michigan beaches. Lodging (some private and double occupancy rooms with shared bathrooms), vegetarian meals, expertly guided group classes are included in the cost. Register early to save. RYT200 and RYT500 teachers earn CE hours with the Yoga Alliance. The retreats also count toward RYT200 and RYT300 Teacher Training Certification through the Ann Arbor Yoga and Meditation School. $479. Contact Ema at 734-665-7801, or EmaStefanova@cs.com, or visit YogaAndMeditation.com.

ReVillaging for modern mothers: a day-long retreat with Miriam Dowd-Eller • October 23 • 9:30 a.m. Modern Motherhood can leave women struggling with everything from social isolation, mood-disorders, and health challenges …to simply dealing with the near-constant ache for a more organic and effortless village for themselves and their families. Through Movement, Story, Stillness and Song, these day-long retreats in nature (with an optional overnight add-on) will explore some of the qualities, mindsets, and tools you can use in your journey of "ReVillaging" (finding or building the support, community, friendships, and connections you dream of). This retreat is for mothers of all ages and stages looking to fill their cup with self-connection, community-building, and normalizing the challenges of motherhood. It is for women who long to feel witnessed and validated, find companionship and kinship, and process our lives using timeless ways of healing. For more information visit http://www.earthwellretreat.com/service-page/revillaging-for-modern-mothers.

Fall Retreat | Awakening - as Sudden, Gradual or Both with Barbara Brodsky, Aaron and John Orr • October 29 • 9 a.m. • A week-long vipassana retreat, online via Zoom. For millennia spiritual aspirants have contemplated whether enlightenment is a sudden experience or a gradual process. Learn more at https://deepspring.org/calendar/fall-retreat-2022-awakening-as-sudden-gradual-and-both/.

Silent Half-Day Sittings with Marta Dabis • November 13, December 11 •8:15 a.m. to 1 p.m. • Join us for several periods of sitting meditation in the lineage of Shrunyu Suzuki of the San Francisco Zen Center, starting from 8:20 a.m., followed by dharma talk at 11 a.m. Donations are appreciated. Everyone is welcome. Can come for any portion of the program. FREE. For more information contact Marta at 248-202-3102, jissojizen@gmail.com, or visit jissojizen.org.

One-Day Zen Meditation Retreat with Temple Clergy • November 26 • 9 a.m. – 5 p.m. • This retreat offers sitting and walking meditation, simple manual work, a delicious

vegetarian lunch, and rest – an interval of deepening, of slowing down, silence, and mindfulness. $60, includes lunch. For more information contact Zen Buddhist Temple at 734-761-6520 or annarborzentemple@gmail.com.

In Person Retreat with Lou Weir • October 14 - 16 • The theme of this retreat is presence. Being present in each moment as a doorway to the spacious awareness that is us. The retreat will be a combination of silent sittings and led sittings with some time for questions and personal exploration. It is aimed at experienced meditators, but beginners may join with permission of the teacher. Donation based sliding scale. Contact Insight Meditation in Ann Arbor for more information or visit insightmeditationannarbor.org/retreats.

SHAMANISM

Journeying Circle with Judy Liu Ramsey • First and third Thursdays of each month • 7 - 8:30 p.m. • The circle meets twice a month to explore issues, ideas and feelings deeply through shamanic journeying. Shamanism addresses the spiritual aspects of healing and gives us a very different perspective that often includes personal healing and empowerment. One person's journey is everyone's journey. Come join a supportive, nurturing group experience for your own empowerment. Prerequisite: shamanic journeying skills. Circle is on Zoom. You must register prior to attending. $25 per session or $40 per month. For more information email info@judyramsey.net or visit https://JudyRamsey.net.

Basic Journeying: the Art of Shamanism for Practical and Visionary Purposes in Daily Life with Judy Liu Ramsey • October 22 – 23 • 9 a.m. – 3 p.m. • Shamanic journeying is an easy and powerful tool to access spiritual information. You be introduced to shamanism and its principles for empowerment, healing and balance in your life. You will meet compassionate spirits who will support, protect and teach you in very gentle ways. Join us and learn to move through the world in a balanced and intentional way. This class is prerequisite to ongoing and more advanced shamanic studies. The class will be taught online via ZOOM. $150 per person/$75 for repeating students. For more information email info@judyramsey.net or visit https://JudyRamsey.net.

A Shamanic View of Death and Dying with Judy Liu Ramsey • October 28 – 30 • 7 p.m. • One of the traditional roles of a shaman was to prepare the dying person for a good death, escort the souls of the deceased to their ancestors, and to help those grieving left behind. By doing psychopomp work, a shamanic practitioner can heal those who have passed and help suffering souls to be at peace. This advanced level workshop will provide opportunities to learn about helping people in the dying process, connecting with compassionate spirits to do psychopomp, helping spirits of the departed after death, and experiencing your own beautiful death. Initiation and ceremony will anchor your learning. Prerequisite: Journeying Skills, Soul Retrieval. Suggested Reading: *Walking In Light* by Sandra Ingerman. $250 tuition, $250 room and board. For more information email info@judyramsey.net or visit https://JudyRamsey.net.

SPIRITUAL DEVELOPMENT

Monthly Midrash Study with Karen Greenberg, P.T. • November 13, December 11 • 1 – 4 p.m. • The written version of the Old Testament (Torah) tells a story. What has been passed down orally for thousands of years is the backstory and various mystical, hidden meanings. It is rich, colorful, detailed, and compiles interesting data like who ascended to Heaven alive, who was so righteous that their deceased bodies never decomposed, the seven things that we are not permitted to know in human form. $180 per month for the monthly study (one three-hour session per month); $180 per month for the bi-monthly study (two 1½-hour sessions per month); $180 per month for the weekly study (approximately three 1-hour sessions per month). Contact Karen Greenberg at 734-417-9511 or krngrnbg@gmail.com or visit clair-ascension.com.

Youthful Spirits class at Interfaith Center for Spiritual Growth • Sundays through December 25 • 1 – 2 p.m. • Spiritual classes for young people. Free, but donations gratefully accepted. For more information visit Interfaithspirit.org.

Akashic Records Advanced Practitioner Certification with Shellie Powers • October 15 - 16, October 25 - 27 • Advanced Practitioner Akashic Records Certification: Deepen your spiritual awareness by developing skills facilitating your transformation! energy healing, ancestral clearing, past lives: these are the foundational protocols for mining the Records and enjoying the benefits of this work. Experience the aliveness that can come through you as a result of your relationship with the Records. $430. Contact Shellie Powers at 734-926-8423 or 517-962-5378, or visit powers365.com.

Get your event listed in the CW Biweekly calendar for FREE.

Send your listing in two weeks in advance!

Submit your listing here.

TAI CHI, MARTIAL ARTS, AND SELF DEFENSE

Chen Tai Chi Chuan with Joe Walters • On-going Monday and Thursday • 5 – 6:15 p.m. • Saturday • 9:30 - 10:45 a.m. • Instruction in Chen tai chi chuan, a unique movement art emphasizing inner stillness and relaxation developed through disciplined whole-body integration and refined awareness. Free. For more information contact Joe Walters at annarbortaichi@gmail.com or visit annarbortaichi.com.

Yang and Chen - Qigong and Tai Chi with Karla Groesbeck • Monday through Friday, Various times • Qigong and Tai Chi - Beginner - advanced. Solo, two-person, weapons. Outside, inside, and Zoom. Yang Short and Long Forms, Chen Laojia Yilu. Various qigong sets and Zhan Zhuang. Free (Seniors); Low Fee. For more information contact Karla Groesbeck at 734-276-3059 or info@taichilove.com; or visit TaiChiLove.com.

THEATER

Black Cat Cabaret at Neighborhood Theatre Group • October 21 and 22 • 8 p.m. • Black Cat Cabaret is back with all new songs and scares. Join us this Halloween season…it'll be a scream! $13-$25. For more information contact info@ntgypsi.org or visit ntgypsi.org.

WRITING AND POETRY

Sit. Stop. Write. Zen and Poetry with Dmitry Berenson • October 23, November 27, December 18 • 1:15 - 2:45 p.m. • Like a plant that grows out of bare ground, to express ourselves in poetry we must start from an empty place. We'll do a little meditation and reading from Zen and other sources to help us touch that place and then spring out to write our own poetry. Find your seat; find your voice. Free. Donations are appreciated. Contact Marta Dabis at jissojizen@gmail.com or 248-202-3102 or visit jissojizen.org.

YOGA

Yoga + Wellness Virtual and In-Person Classes with Christy DeBurton • Ongoing • In-person and virtual yoga and wellness courses: Hatha, Vinyasa, Yin, Yoga for HSPs, Aqua Yoga, Self-Care and more. For more information contact Christy at info@christydeburton.com or visit christydeburton.com..

Compassionate Yoga - Remote classes with Mary Seibert • Wednesdays 4:15 - 5:30 p.m. • Kripalu yoga is great for beginners and seasoned students. Classes are gentle and slow paced. Emphasis is on mindfulness, breath, postures, strength, and balance. Sliding scale. Contact Mary at 734-323-2520, or compassionateyoga@outlook.com, or visit compassionateyoga.info.

Crazy Wisdom Poetry Series

Hosted by Edward Morin,
David Jibson, and Lissa Perrin

Second and Fourth Wednesday
of each month, 7-9 p.m.

All sessions are virtual and accessible through Zoom.
Email cwpoetrycircle@gmail.com for Zoom link.

October 26 – M. Bartley Seigel, Poet Laureate of the Michigan UP, lives in Ojibwe homelands and Treaty of 1842 territory on the shores of Lake Superior. His poems appear in *Poetry Magazine, Michigan Quarterly Review*, and his book—*This Is What They Say*. He is Associate Professor of Creative Writing at Michigan Technological University in Houghton.

November 30 – Richard Terrill's seven books of poetry and prose take on subjects ranging from his work as a jazz saxophonist, to teaching English in a remote Chinese city, to imagined conversations with the past. His new book of essays, *Essentially,* seeks the "essential" in trout fishing, hearing loss, classic American movies, and much more. www.richardterrill.com.

November 30 – Patricia Barnes writes, makes art, and watches the Detroit River from her home in Wyandotte. She has won numerous prizes in ten poetry contests and her work has appeared in *Peninsula Poets*, *The MacGuffin*, *Third Wednesday*, and *Water Music: The Great Lake State Poetry Anthology*. Her latest book of poems is *Cup of Home*.

Crazy Wisdom Poetry Circle

The Poetry Series is open to all.
There is never a charge.
https://cwcircle.poetry.blog/

All sessions are virtual and accessible through Zoom.

Email cwpoetrycircle@gmail.com for Zoom link.

Featured reader is followed by Open Mic reading. FREE. All writers are welcome. Read your own or other favorite poetry. Sign up begins 6:45 p.m. Poetry Series readings are every fourth Wednesday, hosted by Edward Morin, David Jibson and Lissa Perrin. See our blog at https://cwcircle.poetry.blog/.

Where can you pick up a copy of The Crazy Wisdom Community Journal?

Yes, Crazy Wisdom Bookstore has closed, but you can still find the Journal in many places around Ann Arbor and in surrounding areas. Here's a sample of places around town where you can pick up a copy of the current issue:

Ann Arbor:

Ann Arbor Pharmacy
Ann Arbor Public Library
Ann Arbor Senior Center
Arbor Farms
Argus Farm Stop
Balance Point Fitness
Bio Energy Medical Center
Booksweet
Castle Remedies
Center for Sacred Living
Clark Professional Pharmacy
El Harissa Market Cafe
Enlightened Soul Center
First Bite
Fiery Maple Wholistic Healing
Healing Hands Physical Therapy
Integrative Healthcare Providers
Jewel Heart
Kerry Town Market
Kouyate Healing Arts
Leslie Science and Nature Center
Matthei Botanical Gardens
Michigan Theatre
Mighty Good Coffee
Move Mind-Body Fitness and Wellness Studio
Nicola's Books
Oz's Music
Peaceful Dragon School
Peachy Fitness
Pharmacy Solutions
Pointless Brewery and Theatre
Roos Roast Coffee
Sweetwater's Cafe
Therapuetic Riding, Inc.
Thrive Wellness Center
Washtenaw Community College Student Center
Washtenaw CC Health and Wellness Center
Wine Wood Organics

Ypsilanti:

Cross Street Coffee
Cultivate Coffee and Tap House
Evenstar's Chalice
This, That, and Odder Things
Twisted Things
Unity Vibration Kombucha
Ypsilanti Food Co-op

Plymouth, Livonia & Canton

Earth Lore
Yoga Practice Center
Zerbos

Saline:

Andrea Kennedy Center for Innovation and Education
Earth Elements
Eleanor's Sweets and Sodas
Salt Springs Brewery
Stony Lake Brewing Company

Chelsea and Dexter:

Agricole
Breathe Yoga
Community Farm of Ann Arbor
Corner Cup Cafe
White Lotus Farm & Tsogyelgar
Triple Crane Monastery

Jackson & Lenawee County:

Essential Energies
Divine Sanctuary
Pegasus Spa and Leisure
Free to Be Yoga and Massage
DNA Sales 2100
Gidrah's Mind Body Spirit
A Healing Feeling Wellness Center
Living Grateful

AN ANIMAL'S EYES HAVE THE POWER TO SPEAK A GREAT LANGUAGE.

—MARTIN BUBER